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May 2004

# MT Book Review

- By Rick Robinette



**Title:** *Silent Waves - Theory and Practice of Lymph Drainage Therapy*  
**Author:** Bruno Chikly, MD  
**Type:** Book  
**Length:** 417 pages  
**Price:** \$65  
**ISBN#** 0-9700530-5-3

A superb title for an excellent text! *Silent Waves* is a comprehensive and detailed source of information on lymphatic-related anatomy, pathologies, and therapeutic application criteria. Lymph drainage therapy (LDT), while often misleadingly cataloged under the general heading of massage, is revealed to be an effective strategy for a wide variety of indications. Most edemas and certain dermatological, metabolic, and rheumatological ailments, as well as some surgical procedures/frequencies can be effectively addressed by LDT. Lymph drainage therapy stands on its own as a singular approach to health by manual means and other applications, not as a niche within massage therapy.

*Silent Waves* is broken up into six parts (each with several chapters)

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that cover, in depth, a multitude of lymphatic system aspects, including LDT; edema; lymphedema; and management protocols. Sidebars, boxes, and graphics of many kinds enhance the main text and extensive references for the chapters accompany the conclusion of each part. Although LDT application considerations are included, specific step-by-step procedures are not readily learned strictly through reading, and quite rightly so; initial training and proficiency development in LDT (like many touch therapies) is primarily derived from direct teaching methods: demonstration and supervised practice, not solely from text and illustrations (no matter how well-written and composed).

While *Silent Waves* may seem (understandably) light with regard to technique, it is, by contrast, exhaustive in its coverage of knowledge-related lymphatic concerns. The book proves that it is possible to publish a text that provides medical-level information, yet can still be considered readable for the more casually interested practitioner. Does that mean

that this book would be suitable for the general massage therapist? Sadly, the answer is probably "No." A downsized version of this remarkable book would offer an opportunity for the average massage therapy reader to gain further understanding about the unique role of the lymphatic system and its dysfunctions. Regardless, *Silent Waves* deserves strong acknowledgment for its monumental accomplishment - a stand-alone reference book that consolidates both current scientific and technical perspectives on the lymphatic system.

Mr. Robinette's  
 Rating:  
**9 out of 10**



This title is available through the Upledger Institute at [www.upledger.com](http://www.upledger.com).

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